

I used to stammer a lot. But luckily, that is a thing of the past. Now, I have learnt to believe in myself and to hold faith, because it is the only way I can ensure that I have done things to my very best and to leave no regrets. Therefore, I believe in myself.

I still remember how my stammering was not one of the usual nervousness or stage fright that one suffers from in front of a crowd of people. For me, stammering occurred every single day, to the point where I stammered every time I talked. When I told jokes, no one laughed at them, because I stammered when I got to the punch-line, and people got tired of waiting for me to say it. Being in Theatre Club, speech is of the utmost importance. We read from scripts, yet I still stammered.

Just last year, everything changed for the worse. I had to act in the annual production, and even though I only had that few lines, I stammered during rehearsals. Of course I could not afford to stammer during the production; Theatre's reputation was at stake. But no matter how much I tried, even during all of my free time, I still stammered on stage, during rehearsals. Everyone around me, even those with braces, enunciated and pronounced their lines and words better than me, and the stress made me do even worse. Trying to ask for advice did not help much, because following everyone's advice did not work for me.

Days passed, and I became more and more frantic. I was slowly losing hope, and starting to doubt myself of my ability. However, at this critical point in time, my mother came up to me and taught me that perhaps, my problem lied in my self-confidence. Whenever I am on stage, stress would unknowingly overwhelm me, and therefore I stammered even more than usual. Every time I went on stage, I would lose a bit more confidence in myself because I kept stammering. If I could have more self-confidence, and believe in myself that I could stop stammering, I definitely could!

And so, I tried this method, placing all my hopes on it, hoping that it would succeed. It did! I managed to curb my stammering more and say my lines more fluently and everyone was so pleased for me! With this beginning success, I could feel the immediate warm flow of confidence rejuvenate my tired body. From then on, during rehearsals, I would gather my energy and try to repeat encouraging words to myself, to relieve the confident feelings once more. And much to my delight, everything went well on the big day.

That is why I saw, the most important step to succeed, is to have confidence and to believe in yourself. In this, I believe.